

There is a very small risk of bleeding from the nose or coughing. There is a small risk that the procedure could make you feel faint or light-headed. Laryngospasm or spasming of vocal cords into the closed position, causing momentary difficulty breathing, is a rare complication.

You may experience some discomfort while the endoscope is being passed through the nose. However, this will ease once the endoscope is in the throat. Discomfort can be reduced by the application of local anaesthetic to the nose, although this is usually avoided as the anaesthesia may also affect your swallowing.

If you have any discomfort, please notify the clinician immediately. The endoscope that is used for your procedure has been cleaned and sterilised to eliminate cross contamination.

You will be monitored by the clinician throughout the procedure.

### **WHERE DO I GO FOR THE FEES ASSESSMENT?**

The FEES assessments are usually conducted in the Ear Nose and Throat Department:

**Royal Brisbane and Women's Hospital  
ENT Outpatient Department  
Level 8, Ned Hanlon Building**

However, sometimes FEES assessments are completed on the wards at your bedside. The speech pathologist will advise you where your FEES assessment will be completed.

If you have any questions regarding your swallowing or would like additional information about your FEES assessment please do not hesitate to speak with your Speech Pathologist or ENT.



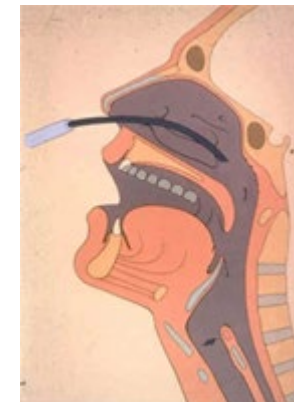
**Queensland  
Government**

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## **FIBROPTIC ENDOSCOPIC EVALUATION OF SWALLOWING (FEES)**

### **Patient Information Brochure**



Your doctor and speech pathologist have recommended that you have a Fiberoptic Endoscopic Evaluation of Swallowing (FEES) assessment to investigate your swallow function.

### WHAT IS A FEES ASSESSMENT?

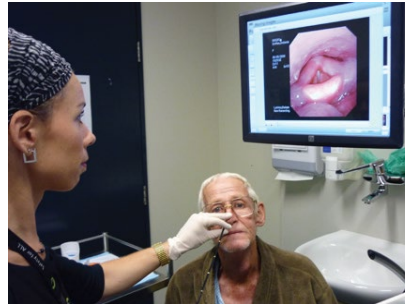
FEES is an assessment of swallowing that allows the clinician to examine the throat structures & voice box closely and make recommendations about the safest and most effective way to swallow.

The endoscope is a small tube with optical fibres attached to a camera. The endoscope tube will be placed in one nostril and directed to the back of the throat to an area above the voice box (larynx), allowing a clear view of the structures for swallowing and speech.

Once the endoscope (camera) is in the throat a range of different foods and drinks will be provided to determine which is the safest and easiest to swallow. These may be coloured with blue or green food dye. If you have any food allergies or dietary restrictions, please alert the speech pathologist before your assessment. *(You may be required to provide your own foods/fluids).*

You may also be asked to say certain sounds and trial various strategies that may assist your swallowing.

Pictures of the throat and your swallow can be viewed on a screen. These pictures will be recorded and shown to you after the assessment. The scope is linked to a camera and a monitor to enable everyone present to see the vocal cords at work.



### WHO WILL BE CONDUCTING THE FEES ASSESSMENT?

There are several options. The following are in order of the most likely.

- (1) A Speech Pathologist and an Ear, Nose and Throat specialist (otolaryngologist) will conduct the assessment. A nurse may also be present if required.
- (2) Two Speech Pathologists will conduct the assessment. A nurse may also be present if required.

The speech pathologist and ENT specialist are interested in assessing whether any food or fluids fall into the airway, or to investigate any other reasons for your swallow difficulties. This information is important for treatment, understanding swallowing safety, and preventing complications such as pneumonia.

### HOW LONG DOES THE FEES ASSESSMENT TAKE?

The assessment usually takes approximately 20 minutes. Although the clinic generally runs on time, you may experience a delay. Your patience in these circumstances is appreciated.

### DO I NEED TO FAST FOR THE FEES ASSESSMENT?

You will not need to fast or do anything special to prepare for this assessment.

### WHAT HAPPENS WITH THE RESULTS OF THE FEES ASSESSMENT?

The speech pathologist will discuss the results with you immediately after the procedure. A full report will be sent to the doctor or therapist that referred you for the assessment. A copy will also be placed in your medical chart. All images will be recorded and stored securely in the Speech Pathology Department.

### WILL I RECEIVE EDUCATION FOLLOWING MY FEES ASSESSMENT?

You will be given immediate feedback on your swallow function after the assessment. A follow-up appointment may be arranged with a speech pathologist to discuss the results of your assessment in more detail, to view the FEES assessment on the computer screen and give you further swallowing advice.

### ARE THERE ANY POTENTIAL RISKS OR SIDE EFFECTS WITH A FEES ASSESSMENT?

The procedure is extremely safe and generally there are no complications associated with a FEES assessment.